

Vicarious traumatization of journalists

By Ma. Gervill Daga

(Part of two parts)

After spending a busy helicopter crash site four years ago while on assignment, OMA TV reporter Agos Manalac felt fortunate that he emerged physically whole, along with the rest of the passengers and crew.

"It was like three weeks," Manalac recalls the moments before the chopper hit the ground. "My first instinct was to fall out of my compartment seat alive." The scorching accident was no run for Manalac as he was.

Life-threatening scenarios

He wanted that night after that, despite a few bumps here and there. Two days later, that was when I really cried," Manalac says. He has since avoided riding back upstairs if he could help it. The second of chopper crashes are enough to explain in his mind the life-threatening scenario.

Not long after that, Manalac was sent to help cover the kidnapping case but he and the crew were pulled out before the 30-hour flight began. He continues to do his day-to-day work, sometimes going to disaster scenes, even to report on the aftermaths of people's deaths.

At age 38, the TV journalist has covered both direct and indirect communication (VTC).

A close brush with death is easy to recognize as a traumatic event. The closer experiences could be just as traumatic, only they are not easily recognized, even after decades of war.

Extreme experiences

Witnessing extreme suffering of people whose case is linked to a person, death, surviving an attempt on one's life, threatened and threat from two persons whose relationship was exposed, being kidnapped and held by terrorists, kidnappers being tortured, watching someone's life being violently ended, photographing hundreds of corpses being covered on trucks at war the case is the OMA headlines. Being in a conflict zone, being in a situation of danger and imprisonment for long periods and waking about them for long periods, sleeping less, disaster scenes and tracing on perilous grounds.

There are more incidents in a Filipino working journalist's life that could be either directly or vicariously traumatic. Journalists are not all made of the same stuff and each one copes with extreme experiences in a particular way.

Many journalists could be going through vicarious traumatization (VTC) without fully recognizing it as such. "It's all in a day's work," or "It's just a job," he goes with the job, journalists are sent to try with updates after emerging from a scorching coverage, he could have a a number one, they seem to think, is all it takes to forget the work-related stress.

Many of these experiences could be classified as situations communication (VTC). Vicarious means there are "supervised" or mediated through imagination or sympathetic participation in the experience of another."

VTC seminar

But journalists need not keep it all to themselves. Like other workers in the service profession who constantly face traumatic situations, they could be helped cope and deal with their work-related stress, pain and fatigue. Or else those might adversely affect their personal lives.

Aware of the signs of killings of journalists and their life-threatening circumstances, the University of Santo Tomas (UST) Center for the Integrated Development and Consultancy Service recently conducted a seminar on "Vicarious Traumatization Among Journalists." This was meant to help journalists understand VTC, its common signs and effects and to help equip them with coping strategies in dealing with trauma, vicariously experienced or otherwise.

Dr. Johnny Sarmiento, diplomat and board-certified expert on trauma stress and psychology like Lourdes C. Sarmiento conducted the VTC seminar.

There are countless situations or activities that could be traumatic for journalists. Some of these are war journalism, reporting on dis-

aster and crises, posting into areas of disaster such as child rape, being constantly in life-threatening situations, etc. News coverage reporting on traumatic situations could take its toll.

Coping techniques

While covering, there is no helping professions - social workers, medical practitioners, nurse workers, psychologists and counselors - are usually equipped with physical and psychological coping techniques. Not being directly involved, but simply reporting "as witnesses," journalists are affected by their work to some degree.

Journalism schools do not always have coping strategies on their curriculum. The Ateneo University General Education Center for Journalism has several classes/psychological in tandem with a Counseling or trauma program (VTC).

Media organizations might be more concerned with circulation and ratings and promote their reporters as made of steel. Working journalists (those doing coverage), like the rest of the working community, are simply supposed to deliver.

Shell shock

Journalists' trauma, like the shell shock of soldiers in the battlefield, is slowly being recognized and addressed abroad, but in the Philippines, where the trauma is both direct and indirect, an empirical study has yet to be done.

Trauma could be physical, psychological or both at the same time. Psychological trauma involves the emotions and the mind. This is the type of trauma that is often denied or ignored.

Trauma trauma, as defined from direct trauma, is "second hand" or indirect." One looks the pain of someone's suffering as one gets traumatized by the trauma experienced by another. There the journalist is not a player in the ongoing conflict or traumatic event, but is merely reporting.

But the trauma, reaction or otherwise, does not easily fade away. The aftermath - post-traumatic stress disorder (PTSD) - could be severe and debilitating.

(This continues)

Why RP lacks teachers

Flunkers, low pay add to woes

By Alcin Papa

THE COUNTRY produces enough education graduates to arrest the shortage of teachers in the public schools. But many of them do not pass the licensure exams and more opt to go abroad to work as domestics.

Analyst Bayan Youth Party spokesperson Carl Marc Ramota said many of those who manage to pass the local licensure tests actually teach but then "bore of them eventually abandon their profession in favor of jobs that are available here or abroad."

"Teachers who are supposed to supply the brain, so to speak, for the country's youth are themselves part of the brain drain," Ramota said.

He said the current crop of teachers, which he described as "the best and the brightest," are now abroad.

Each year, United States school districts need to hire around 200,000 teachers. So high is the demand that private recruiters plan to place at least a million foreign teachers in American classrooms up to 2007, Ramota said.

"More striking is that a bigger number of them are giving up their jobs and prestige in the Philippines in order to work as housemaids abroad," he said.

Quoting reports from Migrant International, Ramota said some 20 percent of the estimated 160,000 Filipinos working as domestics in Hong Kong, Singapore and countries in the Middle East,

are former teachers or at least had teaching backgrounds.

"Ironically, while the public schools are experiencing a shortage of teachers, thousands of college hopefuls flock to Teacher Education programs every year," Ramota said.

In the Philippines, Education is the second most popular college course. Every year, more than 400,000 college students aspire to become teachers, Ramota said.

Practically all tertiary or college level institutions in the country offer degrees in education. From school years 1994-95 to 2001-02, enrollment in education and teacher training courses went up by 46.20 percent.

However, Ramota said, records of the Professional Regulation Commission (PRC) showed that only a fraction of the thousands who take education courses graduate and pass the licensure examinations. Specifically, only a little more than 100,000 education students reach their senior year.

And of the more than 100,000 who graduate, only a few pass the licensure tests. The 2003 Licensure Examinations for Teachers (LET) only registered a 26-percent passing rate—or, conservatively, 26,000 examinees—for both elementary and secondary education.

This is a far cry from the number of those who enroll every year, estimated at around 400,000. This means only 25 percent of those who

graduate pass the LET.

"Many education institutions are producing half-baked graduates who add to the bulk of LET non-passers and unemployed or underemployed teachers. Even these schools are now being turned into diploma mills rather than training grounds for future mentors," Ramota said.

In addition, Ramota said that since 2001, the salaries of government employees, which include teachers, have been frozen. The last salary increases were given in 2000, a 10 percent increase or P440, and in 2001, 5 percent or P242.

A teacher's starting salary is only P9,939 a month, a little higher than the minimum wage in Metro Manila. In April 2005, the family living wage in Metro Manila, or the amount needed to fulfill the needs of a family of six, was pegged at P618.09 daily or P18,542.70 monthly.

Also, Ramota said a study released by the International Labor Organization (ILO) and the United Nations Educational, Scientific and Cultural Organization (Unesco) showed that teachers in the Philippines worked an average of 1,176 hours per year and taught classes of over 50 students each.

"Definitely, whatever salary they receive does not correspond to their workload," he said.

Hence, Ramota said the teachers should not be blamed for leaving the country or for working as housemaids.

RP seamen's competence upheld

By Jarome Aning

THE INTERNATIONAL Maritime Organization has reaffirmed the competency of Filipino seamen, saying the Philippines was continuously in compliance with the 1978 Convention on Standard Training, Certification and Watchkeeping for Seafarers (STCW).

Acting Labor Secretary Manuel Imson, presiding chair of the Maritime Training Council, said the IMO's statement ensured the Philippines' inclusion in the organization's "White List," which enumerates the countries with competent seafarers.

The list, Imson said, thus serves as a reference for the international shipping industry when it recruits seafarers.

"This augurs well for the preservation and enhancement of the employment of Filipino seafarers on board ocean-going

ships. Foreign ship owners will be assured of the competence and capability of the Filipinos operating their ships," he said.

The IMO, in its 80th session on May 20-22 in London, confirmed through its Maritime Safety Committee that the Philippines had communicated the required information on the independent evaluation of the country's Quality Standard System and found the country to be consistently implementing the STCW.

As a party to the convention, the Philippines is required by the IMO to submit a report on the independent evaluation every five years. The report is needed to determine if the parties continue to give full and complete effort to the convention's relevant provisions.

Imson said the Philippines, through the MTC, submitted its report to IMO

Secretary General Eftihimos Mitropoulos on Jan. 29, 2004, before the IMO deadline.

The Philippine report covered the administration system for the Filipino seafarers' education and training, certification, revalidation and endorsement of certificates.

It also included the result of the independent audit of the quality standards system of the Professional Regulation Commission, Commission on Higher Education, Technical Education and Skills Development Authority, National Telecommunications Commission and the MTC Secretariat.

Highly preferred for their industry and facility with the English language, Filipino seafarers constitute some 20-25 percent of seafarers on ships plying international waters.

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		10:15-12:15pm Updates in Substantive & Procedural Laws (2 CU)	Practice & Procedure Before the Labor Arbitrators & NLRC	Dean Franklin M. Baccagang <i>Former Dean, UP College of Law</i>
	PM Session <input type="checkbox"/>	1-3pm MCLE-Prescribed: Technology & the Law (2 CU)	Scientific Evidence: DNA and Its Analysis	Dra. Raquel B. Del Rosario-Fortun <i>M.D., FPIP, UP College of Medicine</i>
		3:15-6:15pm Legal Ethics (3 CU)	The Lawyer's Pitfalls	Justice Wilfredo L. Aquino (ret.) <i>Associate Justice, Court of Appeals</i>
June 25, 2005	AM Session <input type="checkbox"/>	8-10am International Law (2 CU)	International Law & the Admission of Aliens	Atty. Raulito P. Ledesma <i>Head, Board of Special Inquiry, BI</i>
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	PM Session <input type="checkbox"/>	1-3pm Trial & Pre-Trial Skills (2 CU)	New Pre-Trial Rules of 2004	Justice Noel G. Tijan <i>Associate Justice, Court of Appeals</i>
		3:15-6:15pm Alternative Dispute Resolution (2 CU)	Mediation & Arbitration of Construction Disputes	Dean Castella G. Parlane <i>Former Dean, San Sebastian College of Law, Commercial Arbitration</i>
July 2, 2005	AM Session <input type="checkbox"/>	8-10am Update in Substantive & Procedural Laws (2 CU)	Taxation Laws & the Corporation	Justice Japoy B. Dinanagao <i>Associate Justice, Court of Appeals</i>
		10:15-12:15pm Alternative Dispute Resolution (2 CU)	ADR in the Workplace	Dean Franklin M. Baccagang <i>Former Dean, UP College of Law</i>
	PM Session <input type="checkbox"/>	1-3pm MCLE-Prescribed: Reforms in the Law (2 CU)	Reforms in the Dangerous Drugs Act	Justice Diosdado M. Perilla <i>Associate Justice, Sandiganbayan</i>
		3:15-6:15pm Legal Ethics (3 CU)	Civil, Criminal & Administrative Liabilities of a Lawyer	Justice Jose L. Sabio, Jr. <i>Associate Justice, Court of Appeals</i>
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	PM Session <input type="checkbox"/>	1-3pm Trial & Pre-Trial Skills (2 CU)	Total Techniques	Justice Edilberto G. Sandoval <i>Associate Justice, Sandiganbayan</i>
		3:15-6:15pm Updates in Substantive & Procedural Laws (3 CU)	Updates in Commercial Laws	Justice Jose C. Vilag (ret.) <i>Associate Justice, Supreme Court</i>
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Water lack new cause of wars in Cordilleras

SAGAYA — Mountain uprisings are the bloodiest of the major wars in the history of the Cordillera Philippines, but keeping the mountain communities in the clouds for the longest time, sometimes required the spilling of blood.

Carried from the sides of towering peaks, some of the plots had long remained open the iron shackles of bitter of Spanish, the barely remembered of local business, brought death before the rest of the present two-decade-old armed war.

But following a truce in April the Cordillera could have been seen during again into the present on either side of the mountains, but it is now seen for the dry season city of remote upland.

"We would have avoided this war," says Domingo Bally, the 64-year-old president of the Integrated Movement of the Cordillera (IMC) in the mountains of the Cordillera region of Sagaya, some 1,112 meters above sea level.

"It only really had more to do with the land, which had been taken by our forefathers," Bally says, referring to the long and destructive conflict with the Legazpi of Cebu, across the mountain range.

The water war had commenced since the 1980s in the Cordillera, but it was the war to drive the water to their villages, leading to several killings, says Ben Magsalona, an official of the National Integrated Administration.

Living without food and water, covered pits, forests, the

Cordillera people had waited hardly two and half of War II and, though the days of the early peace of breathing were long gone, the water war had not ended.

Special Balaok "We said, 'gods,' says Bally, standing over an irrigation canal in the village of Tuguegarao, some 1,112 meters above sea level. From here, water flows in an irrigation canal to the village of Tuguegarao, some 1,112 meters above sea level. From here, water flows in an irrigation canal to the village of Tuguegarao, some 1,112 meters above sea level.

It rages on

The Cordillera movement says water is the blood of the Cordillera. It says water is the blood of the Cordillera. It says water is the blood of the Cordillera.

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Compromise

In the Cordillera, blood has already been spilled, but the April truce was a compromise with the Cordillera movement of the spring that the water was being brought by the valley, who in turn were guaranteed a share of the water.

"The Philippine people agree to share because they are of their

people had been taken hostage," says Sagaya Mayor Robert Balaok. "We said, 'gods,' says Bally, standing over an irrigation canal in the village of Tuguegarao, some 1,112 meters above sea level. From here, water flows in an irrigation canal to the village of Tuguegarao, some 1,112 meters above sea level.

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Rich in minerals

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A WOMAN waits just a row of children in Sagaya. Water disputes between villages have left many of the rich lands without water and in ruins.

about a year later in the town of Sagaya, on the edge of the 1,112-meter-high Cordillera National Park.

"When we first came here, the river was so big that most could not pass. It was so big that most could not pass. It was so big that most could not pass.

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Mikey goes on leave from House; Iggy bides time

From page A1

because they are the ones who elected me to Congress," the older Arroyo said as the framed photograph of his embattled sister-in-law, the President, loomed behind him at the presidential lounge of the Ninoy Aquino International Airport Centennial terminal.

He, however, stressed that resigning from Congress was "out of the question," as he reiterated his innocence of the corruption charges hurled against him.

The younger brother of First Gentleman Jose Miguel Arroyo held the press conference upon his arrival from Singapore yesterday at 5:20 a.m. He left last week to spend "quality time" with his wife and young daughters, whom he took on a night safari and the zoo.

Iggy Arroyo said he would reach a decision by today or tomorrow, following the "advice of his constituents."

"I'll talk to the barangay captains, to the people. I will take this to their level. I owe it to them," he said.

He added that he was set to file libel charges against his accuser, confessed jueteng bagwoman Sandra Cam, as he also welcomed the investigation of the Office of the Ombudsman into his alleged involvement in jueteng payoffs.

He also stressed that members of the President's family "have not done anything wrong."

"I'm sure she (Ms Arroyo) believes that I am innocent," he said.

Can defend themselves

But as far as Ms Arroyo was concerned, family members involved in a corruption scandal were on their own in defending themselves.

"They will take care of themselves, they will take care of their own defense," the President said in an interview published in the June 13 edition of Time magazine, in which she graced the cover.

Her statement was clearly an attempt to distance herself from allegations that her husband, son and brother-in-law had received payoffs from jueteng.

On June 8, when she ordered the Department of Justice to investigate her son and brother-in-law, Ms Arroyo said: "Nobody in my family or kin are above the law and no investigator or prosecutor could fear to uphold the law against them."

"I will stand for justice no matter who gets hurt," she said.

Family comes last

In the Time interview, the President made it clear that her family came last in her order of priorities.

She said it was her late father, President Diosdado Macapagal, who advised her that as a public servant, "the priority is God first, then country and family is last."

"So I have to be a wife last," Ms Arroyo said. "My attitude is that family comes last."

Asked how her husband and son were coping with the corruption accusations against them, she told Time that her husband "was very much upset, because he is very misunderstood."

"For my son—well, this is a shocker for him," the President said. "It is an introduction to Politics 101," referring to the fact that her son was a neophyte congressman.

In the same interview, Ms Arroyo stressed that "nobody was above the law" and "let the chips fall where they may."

The President said she was more con-

cerned about doing her job. "I am very very focused on my work, like a laser beam on the fiscal reforms."

Impartial investigation

Malacañang yesterday said the public could be assured of an "impartial and transparent" government investigation on the allegations that the President's son was involved in gambling payoffs now that he had announced he was taking a leave of absence from Congress.

In a brief statement, Press Secretary Ignacio Bunye "stated" the move. "For too long, rumors, innuendo and unsubstantiated allegations have been hurled ostensibly against him but really against the President," he said.

With Mikey Arroyo on leave, Bunye said this would "pave the way for an impartial and transparent investigation by the Ombudsman."

The Office of the Ombudsman is now investigating the jueteng payoffs after the President ordered it to take over the job from the Department of Justice.

Good decision

Senate President Franklin Drilon, who had suggested to Ms Arroyo to institute reforms in view of the "perceived involvement" of her family in jueteng, also praised Mikey Arroyo for his decision.

"At the least, I hope the gesture would lessen the political tension and reinforce the public perception that under this administration, as GMA herself said, no one is above the law," he said.

Sen. Richard Gordon yesterday welcomed the decision as a "sure sign of statesmanship."

"By taking a leave, he has shown willingness to put the interest of the nation above all else, and that he defers and has respect for the rule of law," Gordon said in a phone interview.

Earlier in the day, opposition Sen. Jamby Madrigal said that calls for the Arroyo congressmen to resign were part of a tactic to divert attention away from the more serious charges of electoral fraud against Ms Arroyo.

Senate Minority Leader Aquilino Pimentel Jr. welcomed the administration lawmakers' calls for the resignation of the two Arroyos.

"It's good that they thought of it. That's better than nothing," he said at a briefing, even as he dismissed speculations that these were diversionary. "It's a step toward the eventual goal of asking the President to resign."

Sen. Rodolfo Biazon also said that calls for the resignation of the two lawmakers should be heeded to repair the President's "damaged capacity" to govern.

Innocent until proven guilty

Administration allies in the House immediately lauded Mikey Arroyo for voluntarily going on leave, but at least one opposition lawmaker said it would set a wrong precedent.

House Majority Leader Prospero Nograles and Nueva Ecija Rep. Aurelio Umali said the Pampanga lawmaker did the right thing.

"Mikey has exemplified statesmanship and dedication for opting to go on leave in the course of the jueteng probe," said Nograles, adding that the leave of absence would have to be approved by Speaker Jose de Venecia.

Umali said calls for the Arroyo congressmen to resign were without any legal basis since these had been made in reaction to unsubstantiated allegations of their involvement in jueteng.

"The Constitution says that an individual is innocent until proven guilty. What

has happened in the Senate probe is that those implicated have been tarred as guilty until proven innocent," he said.

Bad precedent

Quasi City Rep. Vincent "Bling-bong" Crisologo described the decision as a "bad precedent" because Mikey Arroyo "has reacted on the basis of unsubstantiated accusations made in the Senate, and the authorities have yet to begin their probe to ascertain the truth of these allegations."

While it was laudable on the part of Arroyo to pledge his full cooperation to the probe, he said it was still premature because "he could have done so without taking a leave of absence from his duties as a legislator."

"If it can be proven that Congressman Arroyo is guilty, then he should not only be stripped of office, he should be punished and imprisoned," said Crisologo.

Mikey Arroyo may have gone on leave, but he has yet to answer adequately the accusations against him, according to House Minority Leader Francis Escondido.

"He should answer squarely the charges against him," Escondido said. "True or not, there is a negative perception among the public about them. Resigning or going on leave is not the solution. They should answer the accusations and not issue blanket denials."

Justice Secretary Raul Gonzalez said yesterday that the young lawmaker could be liable for "abandonment of post."

In a telephone interview, Gonzalez said, "I was the one who raised the question of abandonment of post... The commitments are the ones who will be suffering," he said.

Mikey Arroyo could not say if he would go back to Congress when it resumes session on July 25, but a congressional source said he would "be out of sight" until the political heat generated by the jueteng inquiry subsided.

It had yet to be ascertained if his action was a calculated move by Malacañang to save the presidency following calls from Senators Drilon, Maguway, Gordon and Lacson to sanction erring members of the First Family.

Low profile

In Senate hearings, jueteng witnesses Wilfredo Mayor, Richard Garcia and Cam alleged that Mikey Arroyo received a monthly jueteng bribe ranging from P500,000 to P600,000, while Iggy Arroyo received P400,000.

So far, no witness has come out to directly implicate the First Gentleman.

Calls for Ms Arroyo's husband to take "a low profile" were gathering steam among Malacañang officials keen on reversing the tide of public opinion against the President.

Executive Secretary Edmundo Ermita, in a press conference last week, said the decision of whether the First Gentleman should lie low was a personal matter and should be discussed between husband and wife.

Anakpawis party-list Rep. Crispin Beltran yesterday advised Mikey Arroyo to quit his post and focus on his fledgling movie career.

According to the imdb.com website, Mikey last appeared in the movie "Mamang Ugat" and "A.B. Normal," both produced in 2003. He has a forthcoming movie with Ethel Boobe and a host of other congressmen titled, "Sabay ka na, Pasya ka pa," under Cine Suerte Pictures. *With reports from Gil C. Cabotungan Jr., Juliet Labog-Javelana, Philip C. Tubera, Armand Nocum and TJ Burgoz*

Spy denies being tape source

From page A1

audio recording. He said he was simply asked to read a statement about government irregularities in exchange for which he would be given a post in a revolutionary government that would replace the Arroyo administration.

"They just wanted me to confirm that the tape came from the intelligence service," Doble said.

Distraught wife

In yet another amazing twist to the "tale of the tapes," the Doble story unfolded when the sergeant's distraught wife showed up in Manila and called her husband yesterday morning to ask his whereabouts. Arlene had arrived over the weekend from Kidapawan and said she had not seen her husband for two weeks.

Arlene said she sensed Doble's reluctance to speak to her on the phone. She said she asked him if he needed help. He only mumbled "mmm..." It meant there was someone with him, she said.

He told her to turn off the phone

and to expect a text message. "I am at San Carlos seminary, room 29, at the back, near the aqueducts' area," his later message read.

Police and military officials later said Arlene requested assistance to rescue her husband who allegedly was being detained against his will. Battle-ready troops and an armored personnel carrier were sent to the Seminary.

Bishop Socrates Villegas was enlisted to help get Doble out of the seminary.

On the brink of tears

"What can I do for you?" Villegas said when he saw Doble, who appeared "distressed" and on the "brink of tears."

"I just want to make sure that my children are safe," Doble said.

Villegas said he told Doble he could take him to his family. When Doble kept silent, Villegas called up his wife on her cell phone and allowed them to speak to each other.

Doble reportedly immediately asked his wife about their kids. After telling his wife "I love you," he told the bishop he was ready to join his

family. They were later expected to be moved to a safehouse.

Ong had said Doble handed him the cassette tapes purportedly containing the hacked telephone conversation between Ms Arroyo and Election Commissioner Virgilio Garcilana.

Ong had told reporters that he had filmed the event as evidence that the recordings came from the army intelligence service—a claim Doble disputed.

How Doble got into the tightly guarded seminary, where Ong had sought sanctuary after the former National Bureau of Investigation official announced on Friday he had the authentic recordings of the wiretapped presidential conversation, remained unclear.

But Supt. Leopoldo Banaol, Philippine National Police spokesperson, said that based on Arlene's statement, Ong could be held liable for illegal detention.

Ong's lawyers denied Doble was held against his will in the seminary.

Doble joined the Philippine Air Force in 1979. He transferred to the Isap 10 years later.

More Koreans than Japanese now visit RP

By Jonnson Acos

FOR THE first time, South Korea has overtaken Japan as the Philippines' principal source of foreign tourists from the East Asian Pacific region, the Department of Tourism said yesterday as it released its latest tourism statistics for the first six months of 2005.

The DOT's tourism research and statistics division said 1,074,771 South Koreans visited the Philippines between January and April 2005, compared to 1,201,650 Japanese.

In the same period last year, 1,012,529 Koreans and 1,212,728 Japanese visitors came to the country.

Overall, however, South Korea placed second to the United States in the DOT's list of foreign tourist arrivals while Japan ranked third. A total of 384,399 American tourists visited the Philippines in the first four months of the year.

From January to April this year, a total of 852,592 foreign tourist arrivals was recorded, or 18.6 percent more than the 771,380 visitors who came to the country in the same period last year.

Durable upsurge

The DOT Secretary Angelito Domingo said he was confident the country would continue to lure more tourists in the coming months.

"We believe the growth you continue to see in our incoming and spending campaigns will add greater results to the next six months and we hope that positive outcomes would add to our reach-out target of five million foreign visitors by 2010," Domingo said.

For South Koreans, the DOT adopted the slogan, "Visit the Philippines," to appeal to their emotional nature and personal package for them to better appreciate the "real face" of the country.

The DOT's South Korea chief Hideo Ikoma-Dawson said that the South Korean market had proved to be the most resilient source of tourists to the Philippines.

Koreans not intimidated

Going in a manner that was always steep with the threat of terrorism, South Koreans are not easily intimidated by news of warheads," he said.

The Korean peninsula was right at the heart of the early 1990s when the communist north and the democratic south fought what came to be known as the Korean War. Today South Korea continues to dominate the north.

Tourist agencies and tour operators also point

out that South Korea, the Filipinos are used to labor unrest and anti-government protest.

"They describe the Philippines as having costly strikes and many times, a developing country with poverty but in the same time an inexpensive shopping and getting destination,"

Ikoma said.

The DOT is targeting the middle-class tourists, businessmen, students and special interest groups such as shows and golfers.

According to Ikoma, the average South Korean tourist is male, between 30-39 years old, and either a professional

or a technical worker or a businessman.

He usually comes in November-December or July-August, stays at hotels and resorts, and goes to Manila and Cebu for sight-seeing, shopping and visiting cultural and historical sites.

Many are independent travelers who come for pleasure or business or to visit

friends and relatives. They spend most of their money on accommodations, food, beverages and shopping.

Ikoma said he has been visitors, of which half are likely to repeat their visit to the Philippines. Most travel along the itinerary from their branch, relatives or business associates.

THE DAILY GOSPEL



Thursday, June 14, 2005

11th Week in Ordinary Time
(Leviticus 19:1-18)

Readings: Matthew 23:1-12

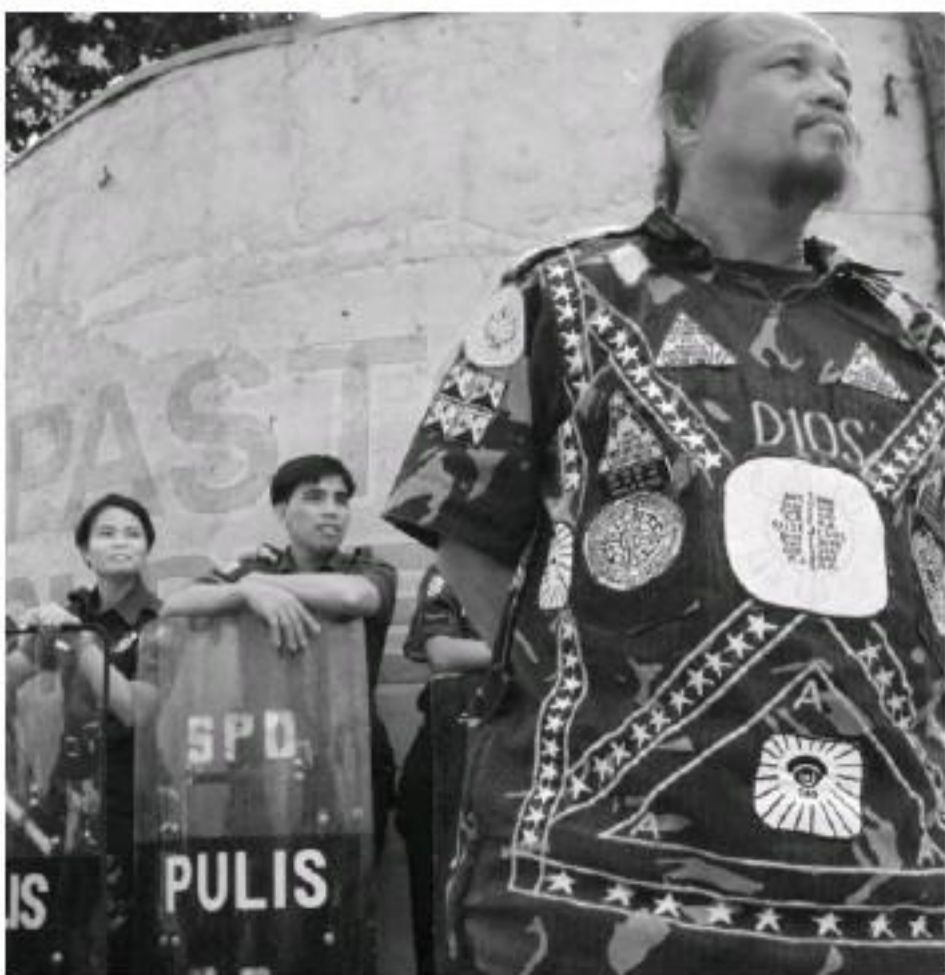
Jesus said to his disciples, "You have heard that it was said, 'Love your neighbor and do not despise for your money; the one who has lost your treasure, and you pay the price for your possession, so that you may be children of your father in heaven. But he wishes for you not only to love the world and the good, and he gives you to both the last and the first."

"If you love those who love you, what is special about that? Do you receive no gratitude as a result? and if you are friendly only to your friends, what is so extraordinary about that? Do you receive no gratitude as a result? The ones you must love are enemies and enemies to the very last enemy. Father is to his enemies."

Matthew 23:1-12

The scribes and the Pharisees had to be shown, last passage. We are not here, not just our God and country but we are to love our enemies and pay for those who persecute us as that we are like children of our Father. Love our enemies—that means love of all—do not kill them, attack them, characterize them, blame them, for everything that is wrong in our lives and circumstances and that those are learning of anything we are without them to all self-righteously thinking we are the means. Our Father into the sea and water full on the last and the first—and that is the main one, not always in the past category. We are not here, not just those who love us, or who are like us, but those we are afraid of, don't know and don't want to know, and those who do harm remembering that all are children of God in the same way. We are children of the Father with them. We are and we are to be righteous and holy before God—some effortful in the first in the earlier movement, but now, more specific and demanding in that we are not just good, and choose who we'll practice on. God shows the world is waiting for this kind of love that says, "I don't want to be the early and better enemies to the Father of God."

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AN UNIDENTIFIED man, who claimed to be the Lord of Lords and General of the World, appeared in front of the San Carlos Seminary along Edsa where NBI Deputy Director Samuel Ong had taken refuge. RICH ZA NOIA

Ong slips out of seminary

From page A-1

Samuel Ong out of the San Carlos Seminary along Edsa, fearing police and soldiers would force him out of the facility where he had taken refuge since Friday, said Ong's lawyer Liwayway Vinzon-Chato. He was accompanied by Bishop Teodoro Bacani and two other prelates and two priests.

Five Army trucks—each crammed with 15 to 20 soldiers—and two armored personnel carriers had deployed outside the seminary hours earlier. Chato said some of the soldiers attempted to scale the seminary walls, prompting the decision to move Ong to an undisclosed location.

Fr. Robert Reyes later told the *Inquirer* that the Church had not abandoned Ong. It was not immediately known if the churchmen would surrender Ong once a warrant for his arrest was issued, as they had said. The warrant was expected to be handed out today when the courts open after the three-day Independence Day weekend.

Earlier, Chief Supt. Leopoldo Bataoil, Philippine National Police spokesperson, said police would avoid an armed confrontation with Ong and seek the help of Church leaders to resolve the deadlock.

"We will keep him safe from any harm," said Bataoil, "unless he takes his own life."

He said police would prepare for

the possibility of an armed confrontation with Ong but would try and ensure that it did not happen.

Dead meat

As the impasse in the seminary went into a third day, Ong had said in radio interviews that he feared for his life if he were taken by police because of his disclosure.

"I won't be arrested alive," he said. "Once I leave the seminary, I tell you I'm dead meat."

He had appealed to Filipinos to mount an Edsa-style massing similar to those that led to the ouster of Ferdinand Marcos and Joseph Estrada from the presidency. But few responded to his plea.

Ong surfaced on Friday to claim that he had the "mother of all tapes" of an alleged wiretapped telephone conversation between Ms Arroyo and Election Commissioner Virgilio Garcillano purporting to show that she had cheated in the last election.

He said the tape was given to him by members of the Intelligence Service of the Armed Forces of the Philippines (Isafp).

Ong's disclosure further muddled a bizarre controversy triggered a week ago when Press Secretary Ignacio Bunye claimed he had a doctored CD purporting to show that Ms Arroyo was pressing for a one-million vote margin over her closest rival, the late movie actor Fernando Poe Jr. (See timeline on front page.)

He said the tape had been tampered with by Ms Arroyo's opponents in a bid to unseat her.

Bunye at first said the woman's voice was that of Ms Arroyo, but he later backtracked. He did not identify the man's voice, but opposition politicians and media reports identified it as that of Garcillano.

Garcillano has denied the allegations.

Alan Pagua, Estrada's former lawyer, last Tuesday came out with another tape and claimed it was the original wiretap.

Police and NBI officials have said they are seeking a warrant of arrest against Ong for alleged violation of the Anti-Wiretapping Law and sedition.

Ong's plea

As the standoff appeared to be coming to a head, Ong pleaded with Susan Roces, Poe's widow, to summon a "people power" show of support.

"I ask her to give me protection. Once I'm out of here, no one will protect me... With her big heart, I know she will come and give me succor," he said.

Roces went to the seminary for a five-hour meeting with Ong on Saturday, but she later said any action that should be taken in connection with the controversy should be in accordance with the law. *With reports from Leila B. Salaverria, Christian V. Esguerra and Norman Bordadora*

'Do not disturb' sign up: Dolphins mating

From page A-1

Strait to watch the beautiful sea creatures are advised to remain absolutely quiet.

Dr. Lemuel Aragonces explained that dolphins and whales need privacy, especially during summer, the breeding season for most animals.

"Dolphin-watching used to be simple because there were very few boats involved in its operation," said Aragonces, a Filipino marine professor at the University of Miami in Florida and at the University of the Philippines in Los Baños, Laguna.

"But there has been an increase in the number of boats in the last four years. Most of the boats do not know how to maneuver around these dolphins and whales," he said.

Workshop

Aragonces and Dr. Edward Keith of the Nova Southeastern University in Florida were resource persons in a two-day seminar-workshop on whale and dolphin-watching and the conservation of cetaceans in southern Tañon Strait.

The June 8-9 workshop was sponsored by Bais City, Negros Oriental, and the SeaWorld Busch Gardens Conservation Fund, a US-based non-profit foundation dedicated to wildlife conservation, research, edu-

cation and animal rescue.

Among those who attended were operators of dolphin and whale-watching tours, as well as legislators from Bais and Tanjay cities, Manjuyod town in Negros Oriental, and from the towns of Ginitlan, Sambaoan, Malabuyoc and Alegria in Cebu.

Protocols

The seminar aimed to set up guidelines and protocols to ensure that the dolphins were not disturbed and to come up with suggestions on how to make dolphin and whale-watching activities sustainable.

"For a long time now, we always clapped our hands and shouted at the sight of these dolphins and whales. We never realized these creatures could be intimidated by the sound," said Bais Mayor Hector "Tata" Villanteva.

"This protocol would really change dolphin and whale-watching tours as we know it," said Bais Councilor Angelo Teves, chair of the city's environment committee.

The tours are a major revenue earner for Bais. From an annual income of P400,000 five years ago, it now grosses P1.6 million a year, said city tourism officer Antonio Serrano Jr.

Aragonces and Keith also revealed

findings of their current study, showing a decline in the number of species sighted in the area in the last five years.

Fishermen's fear

Dolphins and whales have been observed to show evasive behavior. "This could have resulted from disturbance from boats or entanglement with fishing gear," Aragonces said.

He debunked a widespread belief among fishermen that dolphins had caused the decline in their fish catch.

"The overwhelming reason for the decline of fish catch is overfishing or illegal fishing. Dolphins are not responsible for overeating the resources," Aragonces said.

He said this topic had been discussed all throughout the world and the question that needed to be answered was: "What is the impact of overfishing on the cetaceans?"

Tañon Strait was declared a protected seascape under Presidential Proclamation No. 1234 issued by then President Fidel V. Ramos. It is the habitat of 11 of the 24 species of marine mammals found in the Philippines.

The area was to be managed by a Tañon Strait Commission, but the agency was dissolved in 2001 and has yet to start operations.

No plan to close Guantanamo, US Vice President Cheney says

WASHINGTON—The US government has no plans to close its prison at Guantanamo Bay, Vice President Dick Cheney said in an interview aired Monday, as controversy about the "torture or no torture" detention camp flared anew over the latest revelation of the prisoners' fate.

"No, there's no plan to close Guantanamo," the president said. "We review all of our operations on a continuing basis," Cheney told his press, using a strong tone for the first time.

"The important thing here is to understand it's the people that are at Guantanamo who had people I mean, there are inmates here the most part. They are people that were captured in the battlefield of Afghanistan or were taken as a part of the al-Qaeda operation," Cheney said.

Annex International, a US-based organization, called the "torture of our nation."

During the US invasion of Iraq, Cheney said, US troops captured a top-level al-Qaeda leader who was held in Guantanamo Bay. Cheney said that the leader was held in Guantanamo Bay for a long time, but that he was not a threat to the United States.

Cheney said that the leader was held in Guantanamo Bay for a long time, but that he was not a threat to the United States.

US authorities discovered he had been deported from Florida in August 2001, and believe he had sought entry to America to participate in the Sept. 11, 2001, attacks, Cheney said.



IDENTITY of those who died in a swimming pool at a water park in last the summer last year 12. With the onset of summer, many pools of water are beginning to warm up, and the water is becoming a popular spot for swimming.

Spain reeling from worst drought in over 60 years

MADRID, Spain—No water in your glass? At least the tap water in Madrid is not. The toll has been high and will continue to rise as the summer heats up, with no rain in sight. The drought is the worst in over 60 years, with some areas receiving no rain for over a month.

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Swazi king takes home 11th wife

MBAKHE—The king of independent Swaziland has married a 20-year-old bride, making her the 11th wife of the monarch, who is now 60 years old.

King Mswati II, 60, already has 10 wives and one favorite, who is a 19-year-old Swaziland girl.

After two years of complex negotiations, Mswati II married his 11th wife, who is 20 years old, in a ceremony held in the capital, Mbabane.

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Blair meets Putin on mission to push debt write-off deal

MOSCOW, Russia—British Prime Minister Tony Blair met Russian President Vladimir Putin in Moscow on the first of a mission to try to persuade Putin to agree to a deal to write off Russia's debt to the UK.

Blair's mission is to try to persuade Putin to agree to a deal to write off Russia's debt to the UK. The deal would allow Russia to write off its debt to the UK, which is currently around \$10 billion.

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AN UNIDENTIFIED PERSON (center) with a child in a tent in the north-east of Nigeria, June 12. The tent is one of many that have been set up for the homeless people who have been displaced by the conflict in the north-east of Nigeria.

Security tightened at Russian stations after blast derails train

MOSCOW—A passenger train derailed near the city of Moscow on Monday, and security has been tightened at Russian stations after the blast.

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ILLUSTRATED PEOPLE

People with terminal brain tumors at the Zvezdnyy house in the north-east of the Netherlands in an attempt to find a world record of the longest time of terminal brain tumor 12. The time measured 41.4 minutes and has been set in the Zvezdnyy house in the north-east of the Netherlands.

AP/WIDE

TUESDAY, JUNE 14, 2005

Kuwait names first woman minister

REPORT — House named its first woman cabinet minister on Tuesday, less than a month after giving women the vote, a key plank in the party's platform.

Issue	Stance
Stable labor shift	mod. liberal
economic rights action	liberal
Wage control	liberal
Unilateral export	liberal

"Marketing is the most important, is a special language to achieve," she said.

Humay, keeping a wary eye downed, made another breakthrough this week when a two-weekly in the council, the first time

The May, daughter of a senior U.S. diplomat, was married by a priest to a man who was a U.S. citizen, but who had been convicted of espionage in 1950.

The legislation will have the common or code of pollution, type 2, as a basis to construct the new DDT controls.

The village hall was built through an initiative by the local community group, and is a fine example of local enterprise.

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HOTLINE 5



Midwest, a 37-year-old scientist and professor of biology at Miami University, was the one honored by the first virtual science in the Gulf Area conference.

"My appointment as the first woman to make history and join the House means that the women have the opportunity to make their voices heard."

to accept national programs," she said.

In January 1980, the university closed its doors to the students, citing lack of participation of the authorities in several months ago.

name. The first county employee staffed with a woman taking 20% less pay than other men have since 1980.

have been visited. Many of the games in *Brass* are taken from the Eastern, Western, and Egyptian boards and Egypt.

Journalist: I'm sorry, but you're not answering my question. How does the bank plan to do this?

Burner: Shouldn't we have had some more time

that says Michigan compared in April after members called the city vote, winning the ring public funds for

U.S. Population Aged 65 and Older

Year	Population (Millions)
1980	20
1985	22
1990	24
1995	26
2000	28
2005	30
2010	32
2015	34
2020	36

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- 1,000 Gallon to 10,000 Gallon

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Size	Capacity	Weight	Dimensions
1,000	1,000	1,000	1,000
2,000	2,000	2,000	2,000
3,000	3,000	3,000	3,000
4,000	4,000	4,000	4,000
5,000	5,000	5,000	5,000
6,000	6,000	6,000	6,000
7,000	7,000	7,000	7,000
8,000	8,000	8,000	8,000
9,000	9,000	9,000	9,000
10,000	10,000	10,000	10,000

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- **no time \geq years** (agencies of criminal prosecution)
- **system for time & cost efficiency of $\geq 100,000$ (e.g., full system)**

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completing

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PRIMO PACKAGE		BUDGET FARES	
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2nd Class	\$1.50	2nd Class	\$1.50
3rd Class	\$1.00	3rd Class	\$1.00
4th Class	\$0.50	4th Class	\$0.50
5th Class	\$0.25	5th Class	\$0.25
6th Class	\$0.10	6th Class	\$0.10
7th Class	\$0.05	7th Class	\$0.05
8th Class	\$0.02	8th Class	\$0.02
9th Class	\$0.01	9th Class	\$0.01
10th Class	\$0.00	10th Class	\$0.00

HOTLINE 5211312 (Operating on Days)

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Tuesday, June 14, 2011

June 14, Saturday 6pm

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Lara Jean

Time	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00
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Ang inyong tagapaghatid ng ulat-pangmulat
alas-10 ng gabi na! Tuwing Huwebes
Ating rabalitan
Choni Monardo

Museum hides original flag for 'security'



THE ORIGINAL flag at the Quezon Institute Agri-Museum in Baguio City.

By Wincent Galanes
PDA Northern Luzon Bureau

BAGUIO CITY—At the first time since the Philippine independence, the original flag of the country, which was used as a national flag, is now in the hands of a museum in Baguio City, where it is being kept for long and is being shown to the public.

The flag, which is now in the hands of a museum in Baguio City, is being kept for long and is being shown to the public.

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The flag, which is now in the hands of a museum in Baguio City, is being kept for long and is being shown to the public.

Antimalaria budget less than 5¢ per Filipino, says solon

MANILA—A solon says the government's budget for malaria prevention and control is less than 5¢ per Filipino, which is not enough to fight the disease.

The solon, who is a member of the House of Representatives, says that the government's budget for malaria prevention and control is less than 5¢ per Filipino, which is not enough to fight the disease.

Armed 'lumad' group relents to entry of mining for jobs, houses

MANILA—A group of armed 'lumad' (indigenous) people in Mindanao has agreed to allow mining companies to enter their territory in exchange for jobs and houses.

The group, which has been active in Mindanao, has agreed to allow mining companies to enter their territory in exchange for jobs and houses.

DA sees bright prospects for upland veggies

MANILA—The Department of Agriculture (DA) sees bright prospects for upland vegetable production in the Philippines.

The DA, which is responsible for the country's agriculture, sees bright prospects for upland vegetable production in the Philippines.

Rescued Indonesians' ordeal recalled

MANILA—The ordeal of Indonesians who were rescued from a conflict zone in Mindanao is being recalled.

The ordeal of Indonesians who were rescued from a conflict zone in Mindanao is being recalled.

Grandis suspect nabbed

MANILA—A suspect in the Grandis case has been nabbed.

The suspect, who is involved in the Grandis case, has been nabbed.

Marijuana destroyed

MANILA—A large quantity of marijuana has been destroyed.

The marijuana, which was found in a large quantity, has been destroyed.

METRO

Night of prayers ends in tragedy

By Robert C. Tanabe Jr.

WHAT began as a solemn occasion ended in tragedy for one of two women who organized a long session of prayers and fasting the other night.

But first, residents inside a two-story house in Mandurang City were awakened by sounds that came from a ritual house on the ground floor that reportedly came from two women who were leading chanting prayers.

When the other women came to check on the two vigilante

women, caretaker Freda, 40, already dead, found one of them lying dead.

Blanca Clara Ruiz, 41, said, was a nurse of death. Her hands and feet were numb, witnesses said. Both women were found naked, according to police.

Investigative led investigators to the room on the first floor of the house on the day before, Sunday, June 12, 2011.

The two were entering the house with Ruiz on Friday after noon, witnesses Fernando

Quintana said. He said the house, which was owned by the late Juanito, was used for religious purposes.

The other night, as they prepared for bed, Ruiz said the Quintana couple heard shouting and shouting from the room on the first floor.

"They were shouting prayers," Ruiz said, adding that.

They ignored the loud shouting, hoping the prayers would soon be over. But the shouting went on, accompanied by the sound of objects being thrown

against the wall. After added.

The doors opened while the women of the house were sitting on the floor, Ruiz said.

By then, only one woman was found shouting. Quintana said. Quintana said that man happened, he said he and Quintana prepared through a small opening in the wall.

Quintana said he saw a naked woman lying on the floor. Another woman, also naked, was on top of her.

Shocked, the two decided to call Ruiz's father, Ruiz, for help. When he arrived, Ruiz said

straight to the room and opened the door, which was not locked according to Quintana, and saw Blanca already dead.

There was no blood or shock and could not give a clear account of what happened, her uncle Ruiz said the bodies.

"She looked peaceful," the uncle said.

"Thank you, thank you and you will be saved," he said to Ruiz as he was lying on a bed in the Pampanga Hospital.

Ruiz continued to pray prayers while in the hospital, the uncle added.

That and Blanca's were close

friends, according to Ruiz's mother. He said Blanca was his daughter's sister, while the one in the room was his sister.

Blanca said Blanca was very intelligent, but she had gone mad.

"Blanca would tell people she would speak directly to God. This is why I had been telling my daughter to pray every night," Blanca said.

Investigators could not immediately say what really happened inside the house as they were unable to talk to Ruiz, who was in the police investigation that is under way.

Hot weather only a lull in rainy season, says Pagasa

By O'Yo

MANILA (AP) — The rain will

be a little more like summer in Manila, but it will be a lull in the rainy season, according to the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA).

But Pagasa is also reporting rain showers and thunderstorms in some areas of the metropolitan area, the meteorologist said.

Blanca Ruiz will remain in Manila in July and August, the peak of the southeast monsoon season, she added.

High pressure on the Pacific is causing the sun to shine on Northern Luzon and Metro Manila, said Pagasa.

The rain season continues with the heavy rains that fell on Metro Manila in early June with the monsoon clouds.

With the weather becoming more stable, Pagasa said, it will be a lull in the rainy season. It will be a lull in the rainy season, Pagasa said.



LONGEST MURAL ON CANVAS

Young painters from the Makati Cultural Center are working on the longest mural on canvas project sponsored by the National Commission for the Culture and the Arts (NCCA) and the Office of the Mayor in Makati, and the museum department in time for Independence Day activities last Sunday.

Makati mounts campaign vs smoke belchers

THE MAKATI Department of In-

dustry (DMO) will conduct its annual campaign against illegal tobacco, public utility vehicles and similar belchers in the city's financial capital next week.

DMO Director Benjamin

Majal said the city is conducting anti-smoking campaigns against and the private sector in the campaign, which was ordered by Makati Mayor Virginia C. Bayan.

Bayan had earlier moved to add the issue of tobacco to the city's anti-smoking campaign.

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The GARCI tapes:

SA LIKOD NG BALITA

TUESDAY, JUNE 14, 2005

BUSINESS

Transco, CDC to contain power fluctuations in Clark

By Miguel L. Ho

THE NATIONAL Transmission Corp. (Transco) and the Clark Development Corp. are working on a "game plan" that would contain power fluctuations in the economic zone and encourage investment in the area.

After CDC, Transco president and chief executive, and company villages in the Clark economic zone power fluctuations that had investors fleeing away from the area.

When located in the Clark Special Economic Zone operate power transmission facilities that require adequate power supply at stable voltage, CDC explained.

The power fluctuations were taking place in the area have prevented entering for the investment in their operations and prevented personal investment from leaving them, he added.

In this manner, he said, Transco and CDC have prepared a "game plan" to improve the power situation in the economic zone.

"We'll meet again and submit to President Monrovia a viable plan to deal with this problem," Eric told the business.

Apart from the CDC, Transco is also actively coordinating with officials of the Public Utility Regulatory Authority through power distribution Solar One Corp., to ensure stable power supply at the moment.

Two months ago, Transco signed a \$25.1-million agreement with the economic zone's CDC, which allowed the latter to purchase and transmit assets in the Bay and the Clark zone.

Now included in the purchase agreement are the transmission facilities at the National Maritime Port in the Clark zone.

John Jose Alcala, Public Economic president, said during the April 28 signing ceremony that the power director was "looking" at the growth potential of the Public Transport and the Clark zone.

Public Economic is a subsidiary of the

ing zone of Transco's 100 megawatt power transmission to the area.

Public Economic is investing in infrastructure assets in preparation for the entry of new business as well as for the eventual operation of the Public port project.

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3 months	2.750%	3.000%	3.250%
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9 months	2.900%	3.150%	3.400%
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BUSINESS

DTI unit to invest in P10-B SLEX upgrade

By Clarissa S. Barrios

DTI-CHINAID: National Investment Co. is planning to inject capital into the P10-billion upgrade of the South Luzon Expressway to increase the development of the labor-intensive corridor, according to DTI Secretary Juan Antonio. The DTI Secretary said that the company will use the proceeds from the sale of shares in the road network linking South Luzon to South Luzon to finance the reconstruction of roads and bridges in the area.

Capital could be a key partner in the SLEX project.

The Philippine group has signed a joint venture with China Road & Bridge Corp. to build the SLEX upgrade. The joint venture will be a 50-50 partnership. The DTI Secretary said that the company will use the proceeds from the sale of shares in the road network linking South Luzon to South Luzon to finance the reconstruction of roads and bridges in the area.

to be utilized (UPI)—by 2006.

The Philippine group is one of the leading private contractors. But as an SLEX building the road with DTI and the road, the DTI, the SLEX is the investment arm of the road department.

The DTI, however, said, was the key investment arm to put money in South Luzon Expressway Corp., the 50-50 joint venture between DTI and CHINAID. The company will upgrade the SLEX road.

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VAT measure seen to drive up prices of canned goods

By Christine A. Guevara

THE METRO: prices of canned goods products including tomato, beef, meat and potatoes, are expected to increase by 1 to 3 percent since the new value-added tax (VAT) measure will affect the cost of the goods.

Consumers are looking for a measure to reduce the price of their products as the VAT measure will affect all aspects of production, said Tadeo, who is also president of Vigan-based Dap.

During an interview, Tadeo explained that the VAT measure would not be a major factor in the price of their products, as the VAT measure will affect all aspects of production, said Tadeo, who is also president of Vigan-based Dap.

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WB proposing reforms in pension fund system

By Derek C. Durbin

THE WORLD BANK: said the pension funds system in the Philippines, Korea and Thailand would likely be able to meet the need for 25 years. It said that the pension funds system in the Philippines, Korea and Thailand would likely be able to meet the need for 25 years.

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"Given the recent economic growth and a pension fund system in the Philippines, Korea and Thailand would likely be able to meet the need for 25 years. It said that the pension funds system in the Philippines, Korea and Thailand would likely be able to meet the need for 25 years.

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GOVERNMENT AND Natural Resources Secretary Michael Delos Santos (left) confers with Philippine World Bank Vice President (right) at the start of the country's Philippine World Bank Development Forum held recently at the Manila Development Bank. The forum was attended by DTI representatives, business leaders, academics, government officials, and local and national government officials.

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Listed firms' profit up 51%

NET earnings of Philippine stock exchange-listed companies rose 51 percent to P36.75 billion in the first quarter of the year from P24.32 billion in the same period last year.

The top performer during the period was Philippine Long Distance Telephone Co., which reported a net profit of P4.4 billion, a 50 percent increase from P2.9 billion in the same period last year.

The second-best performer was the Philippine National Bank, which reported a net profit of P3.4 billion, a 40 percent increase from P2.4 billion in the same period last year.

The third-best performer was the Philippine Air Transport Co., which reported a net profit of P2.4 billion, a 30 percent increase from P1.8 billion in the same period last year.

The fourth-best performer was the Philippine Cement Co., which reported a net profit of P2.4 billion, a 20 percent increase from P1.8 billion in the same period last year.

The fifth-best performer was the Philippine Steel Co., which reported a net profit of P2.4 billion, a 10 percent increase from P1.8 billion in the same period last year.

The sixth-best performer was the Philippine Sugar Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The seventh-best performer was the Philippine Tobacco Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The eighth-best performer was the Philippine Textile Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The ninth-best performer was the Philippine Paper Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The tenth-best performer was the Philippine Glass Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The eleventh-best performer was the Philippine Rubber Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The twelfth-best performer was the Philippine Leather Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The thirteenth-best performer was the Philippine Jewelry Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The fourteenth-best performer was the Philippine Perfume Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

holding" and 50 percent and 50 percent.

The second-best performer in the corporate sector, based on the value of goods sold, was the Philippine Cement Co., which reported a net profit of P3.4 billion, a 40 percent increase from P2.4 billion in the same period last year.

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The thirteenth-best performer was the Philippine Perfume Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The fourteenth-best performer was the Philippine Food Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

The fifteenth-best performer was the Philippine Beverage Co., which reported a net profit of P2.4 billion, a 5 percent increase from P1.8 billion in the same period last year.

NET INCOME (in billions of pesos)

	2004	2005	% change	% of total
INDUSTRY AND FINANCIAL SERVICES	1.25	1.27	1.6	3.4
Bank	0.0	0.0	0.0	0.0
Financial services	0.0	0.0	0.0	0.0
CONSUMER GOODS AND SERVICES	0.0	0.0	0.0	0.0
Consumer goods	0.0	0.0	0.0	0.0
Consumer services	0.0	0.0	0.0	0.0
INDUSTRY	0.0	0.0	0.0	0.0
Manufacturing	0.0	0.0	0.0	0.0
Services	0.0	0.0	0.0	0.0
GOVERNMENT	0.0	0.0	0.0	0.0
Government	0.0	0.0	0.0	0.0
OTHER	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0
TOTAL	0.0	0.0	0.0	0.0

WHAT 'being fit' really
means
/C4

LIFE STYLE

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Life Style Book Review

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY JOB • THURSDAY FOOD • FRIDAY FASHION & BEAUTY



A PRACTICAL approach to self-defense, Krav Maga teaches you how to handle an attacker's attack in a matter of seconds.



STUDENTS practice movements daily until they are second nature to the extent that they can do them in a split second.

This self-defense method, first developed and tested in the Israeli military, prescribes busting your assailant's chops and then running away as fast as you can.

Krav Maga to the rescue

By David A. Johnson
Photos by Philip Espinoza

BE QUICK and be gone. When life or property is threatened unexpectedly, a self-defense course must not take longer than 20 seconds. Beyond that one must be prepared for a physical—and usually—demanding fight.

It is said, therefore, to live only one's life—only a little—control it, eliminate a counter-attack and leave the scene. Run away if necessary. Spend a everything, precious of time, avoid it.

Just like how people of Krav Maga, the official hand-to-hand combat system of the Israeli Defense Force (IDF), that has been adapted to civilian self-defense (Krav Maga) has been the only one to have the ability to be

Photo: C4



Violent encounters can happen from behind...



...ESCAPE from various holds and positions.

Krav Maga to the rescue

(From page C2)

self-kill. Although Krav Maga is still used to train elite IDF soldiers and other military units, camps all over the world, many civilians have sought refuge in this practical self-defense tool.

"Military training has one purpose: To not let an attacker win. For civilians, the goal is different. They have to defend themselves and try to get away from the situation," says the last Israeli, the Finnish Krav Maga instructor in the Philippines.

Former Israeli, older brother of the instructor, Jonathan, changed the Israeli's siblings, brought Krav Maga to the country. And he's been teaching it to many civilians in the country, both Israeli and his wife's Israeli. He's also a therapist where his wife's child might need treatment in the future. He's not long ago.

Tested and tested

Based on having been used in both street and battlefield, Krav Maga was born out of the young Israeli soldiers' need to defend himself in pre-World War II situations, the world.

Adjusting the method for civilians is a more

challenging step of course. The military says to survive, is disciplined and always obeys without asking questions.

"They will jump until you tell them to stop. Civilians think for half an hour and ask for the meaning of what they are doing before they begin to believe what you have to say," he says.

The behavioral differences demand some adjustments from the military, but an even bigger disadvantage for civilians is not being alert enough. The military is trained to be prepared for an attack 24 hours a day; the civilian is not. Their emotions—whether they go, choke or kick—often are the element of surprise, one of Krav Maga's goals is to change a civilian's reaction to real danger.

Beginners' classes grill students on the basics of punching, kicking and other forms of attack, usually to get the best of the attacker and leave when it might be like in a real-life situation, says he says.

Counter-attack

Learning a counter-attack response. Blocking an attacker's punches, for instance, won't make him stop, Shmura says. If his aim is to punch you, he will continue to do so until he actually hits you. Only a strong counter-attack can stop him.

Counter-attacks are big, strong, immediate and rough on the edges. He has to train them to be less violent. They are not to be used as a last resort, but as a first response. He says a more aggressive training should be applied, Shmura says.

After the basic core lessons for self-defense—against kicks, punches, weapons such as knives or empty bottles, releasing one's body from grabs, etc., in short, everything that can possibly happen when under attack to the real world, Shmura, instructor and Shmura's students, whether one is a health-conscious gym rat or not.

There are sparring sessions with bigger students, often, punches, kicks and kicks (permitted) on the defensive, the other the aggression. Advanced training entails simulated situations, taking classroom sessions in the street under real street lights, in the car parks, on dark alleys, stairwells, etc.

Pure self-defense

There are no knives in Krav, no bats or even, for the most part, what civilians learn is pure street-style self-defense rather than combat. But Shmura says that you can use it in the gym or use a chair to defend yourself if necessary. In fact, anything is right, such as rocks or sticks, can become effective weapons when properly used, Shmura says. It is as much as possible, weapons also learn how to defend against two, three or four attackers.

When being attacked, he stresses, the first thing to do is to get some air from the lungs by breathing a continuous and deep breath from the situation. Sports have to be done in two different holds in various positions as well as with effective moves that will lead that aggression to submission.

The main goal, says Shmura, is to make sure it is safe to get home safely.

Krav Maga classes are offered at the J/F American-Israeli Center, 28 E. Shmura Street, 1244415, Tel. 1244442. Classes are currently held every Wednesday, Thursday and Friday, at 7:30, 7 and 9:45 p.m.

E-mail: shmura@jfc.org or shmura@jfc.org



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For more information, visit www.activeaerobics.com/usa or email: info@activeaerobics.com

Fun run in Manila

THE WESTERN Philippine Plaza invites runners to its first Run-Weekend Manila Fun Run on June 19. This is an line series to new global initiative, The Manila Weekends.

The new will feature a challenging 10 and 10K runs. The run is in partnership with the San and Computer Corporation (SAC) and over 1,500 runners expected to participate excepted of individuals, corporate running clubs and local associations.

The run will start at 6 a.m. on the grounds of The Western Philippine Plaza, opposite an active Aerobics line. It will be with the Global run as a sponsored event. Cash prizes and medals await the top 10 male and female runners in each category. Medals for the top 100 runners up in each category will also be awarded. Registration is ongoing at the J/F of Western Philippine Plaza in Cavendish, San Jose, with a registration fee of P150. Interested participants may also register at The Western Philippine Plaza and Sps. Call 10 101010 to call 1507 or 1508.

What students learn is pure street-style self-defense where competition rules do not apply



WMTT grade can have that aggressive self-defense.



ATTACH and combine the use of all kinds of weapons, including, knives, batons, etc.

